

## BOWLING

*Grades:* 3-9.

*Equipment:* Three wooden blocks 2" x 4" x 8" and one ball for each team.

*Formation:* The three blocks are placed four or five inches apart to form a triangle with the apex toward the line of players. The teams are in single file behind a starting line twelve to twenty feet from the blocks. There is a "scorer" and "pin boy" for each team.

*Rules of the Game:* The first player in each line rolls the ball, attempting to knock all three blocks over at once. If he succeeds, it is called a "strike" and he receives five points for his team. If he knocks down two blocks, he gets three points. One point for one block. The pin boy sets up the blocks and the scorer records the points. Continue until all have had a turn. The team with the highest score wins.

## BULL FROG

*Grades:* 4-8.

*Equipment:* None.

*Formation:* Equal teams.

*Rules of the Game:* Players line up in relay lines. Each player places hands on hips and starting from a deep knee bend, hops around a given marker and returns to the starting line. He must hop, not run. The team finishing first is the winner.

## CATERPILLAR RELAY

*Grades:* 4-8.

*Equipment:* None.

*Formation:* Equal teams.

*Rules of the Game:* The first player on each team places his hands on the floor. Each player back of him bends down and grasps the ankles of the player in front of him. At the starting signal each team moves forward to a point several feet away and back to the starting line. The first team that completely crosses the starting line without breaking the line is the winner. *Variation:* The teams may divide into pairs, which proceed as above, one pair at a time.